



**WRESTLING  
NUTRITION EDUCATION REPORT  
2020-21**

NT-Ed-Report

Annually the MHSAA Wrestling Weight Monitoring Program requires that member schools, which sponsor wrestling, shall provide a one-hour program of Nutrition Education for all wrestlers. Because parents purchase and prepare the food that wrestlers eat, they are key and should be included as guests at the Nutrition Education presentation.

**Please schedule a Nutrition Education Meeting between November 16 and December 18, 2020.  
Type or print this report form and return it to the MHSAA by December 18, 2020.**

**CITY** \_\_\_\_\_ **SCHOOL NAME** \_\_\_\_\_

- 1. Date of Wrestling Nutrition Education Presentation: \_\_\_\_\_
- 2. Time of Presentation \_\_\_\_\_ a.m./p.m. through \_\_\_\_\_ a.m./p.m.
- 3. Number of wrestlers present. Males \_\_\_\_\_ Females \_\_\_\_\_
- 4. Number of parents present. Males \_\_\_\_\_ Females \_\_\_\_\_
- 5. Content presented:

6. Presenter: Name \_\_\_\_\_  
Title \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_  
Business Phone \_\_\_\_\_

If additional presentations are required to reach 100% of the wrestlers, copy this form and submit additional reports.

**RETURN TO: jamiev@mhsaa.com OR FAX 517-332-4071**